

Nettie Coleman  
Memoir Class  
October 6, 2016  
Topic: PERSONAL

## 90 Years and Holding

What prompted this list was a celebration in my honor held recently at one of my favorite Los Angeles restaurants. The family and I completed a sumptuous meal and Shelly, my daughter-in-law asked if I had any words of wisdom for them about reaching the venerable age of 90. It didn't occur to me until late the morning of the celebration, that this question ~~was~~ would be asked, but it was too late for me to properly prepare to address the question. I offered a very brief response with a promise that I would share some thoughts with them in writing. What follows is what I will share with them:

### *My Journey to 90 Years of Age --A Few Lifestyle Clues--*

- 1. Life is a gift granted by our Creator who is always in charge.*
- 2. Gratefulness is a constant.*
- 3. Inheriting good genes.*
- 4. Practice good health habits.*
- 5. Cultivate new interests.*
- 6. Nurture family and friends.*
- 7. Develop strong coping/survival skills.*
- 8. Keep options open.*

9. *Foster a positive philosophy of life. Ex: Serenity Prayer*
10. *Continue learning and growing.*
11. *Live generously.*
12. *Maintain a sense of humor.*
13. *Commune with nature regularly.*
14. *Be kind to yourself.*

I am not always successful in conducting my life according to all the clues, as my ability to do some of these things is diminished for one reason or another but basically, they have guided me through the years.